

**You can protect yourself from road rage by being a courteous driver:**

**Don't Cut off:**

When you merge, make sure you have plenty of room. Use your turn signal or show your intentions before making a move. If you make a mistake and accidentally cut someone off try to apologize to the other driver with an appropriate gesture. If someone cuts you off, slow down and give them room to merge into your lane.

**Don't Drive slowly in the left lane:**

If you are in the left lane and someone wants to pass, move over and let them by. You may be "in the right" because you are traveling at the speed limit—but you may also be putting yourself in danger by making drivers behind you angry. It's simple courtesy to moved over and let other drivers by.

**Don't Tailgate:**

Drivers get angry when they are followed too closely. Allow at least a two-second space between your car and the car ahead of you. (When you see the car pass a fixed point, you should be able to count at least "one-thousand, two thousand" before you pass that point.)

If you think another car is driving too slowly and you are unable to pass, pull back and allow more space, not less. That way if the car does something unexpected you will have time to get out of the way.

You should be able to see the headlights of the car behind you in your rear-view mirror. If you feel you are being followed too closely, signal and pull over to allow the other driver to go by.



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# Preventing Road Rage



## Don't use Gestures:

Almost nothing makes another driver angrier than an obscene gesture. Keep your hands on the wheel. Avoid making any gestures that might anger another driver, even "harmless" expressions of irritation like shaking your head.

Be a cautious and courteous driver. Signal every time you merge, change lanes, or make a turn. Use your horn rarely, if ever. If you and another driver see a parking space at the same time, let that person have it. And if another driver seems eager to get in front of you, say "Be my guest." When you respond this way, after a while "be my guest" becomes your automatic response and you won't be as offended by other drivers' rudeness.



## Don't engage:

One angry driver can't start a fight unless another driver is willing to join in.. You can protect yourself against road rage by refusing to become angry at other drivers. Think about what kind of a crash your angry actions could cause. Then cool down—take a few deep breaths or a brief walk, and continue your trip.

## Steer Clear:

Give angry drivers lots of room. A driver you may have offended can "snap" and become truly dangerous. If the other driver tries to pick a fight, put as much distance as possible between your vehicle and the other car, and then get away as quickly as possible. Do not under any circumstances pull off to the side of the road and try to "settle things".

## Avoid eye contact:

If another driver is behaving aggressively toward you, don't make eye contact. Looking or staring at another driver can turn an impersonal encounter between two vehicles into a personal duel. And once things get personal, the situation can get out of hand fast.

## Get help:

If you believe the other driver is following you or is trying to start a fight, get help. If you have a mobile phone use it to call the police. Otherwise, drive to a place where there are people around, such as a police station, convenience store, shopping center, or even a hospital. Use your horn to get someone's attention. This will usually discourage an aggressor. Do not get out of your car. Do not go home.



## Adjust your attitude:

The most important actions you can take to avoid road rage take place inside your head,

## Forget winning:

For too many motorists, driving becomes a contest. Are you one of those drivers who allows the shortest possible time for a trip and then races the clock? If something happens to slow you down do you get angry? The solution: Allow more time for your trip. You'll be amazed at how much more relaxed you feel when you have a few extra minutes. So instead of trying to "make good time," try to



"make time good." Listen to soothing music or a book on tape. Practice relaxation techniques, such as deep breathing. You'll arrive much calmer, fresher, and in a less stressed-out frame of mind.

## Put yourself in the other drivers shoes:

Instead of judging the other driver, try to imagine why he or she is driving that way. Someone speeding and constantly changing lanes may have an emergency at home or may be late to pick up a child. A person who jerks from one lane to another may have a been in the car or be upset about something. Whatever the person is doing, the reason has nothing to do with you. Stay cool and don't take other drivers' actions personally.



## If you think you have a problem, ask for help:

Drivers who successfully "reinvent" their approach to the road report dramatic changes in attitude and behavior. Look for anger management courses in your area. Self help books on stress reduction and anger management can also be helpful.



Road rage seems to be on the rise. But you can avoid becoming a victim by using the tips in this brochure. In the process you may find that driving has become completely new and more enjoyable experience.